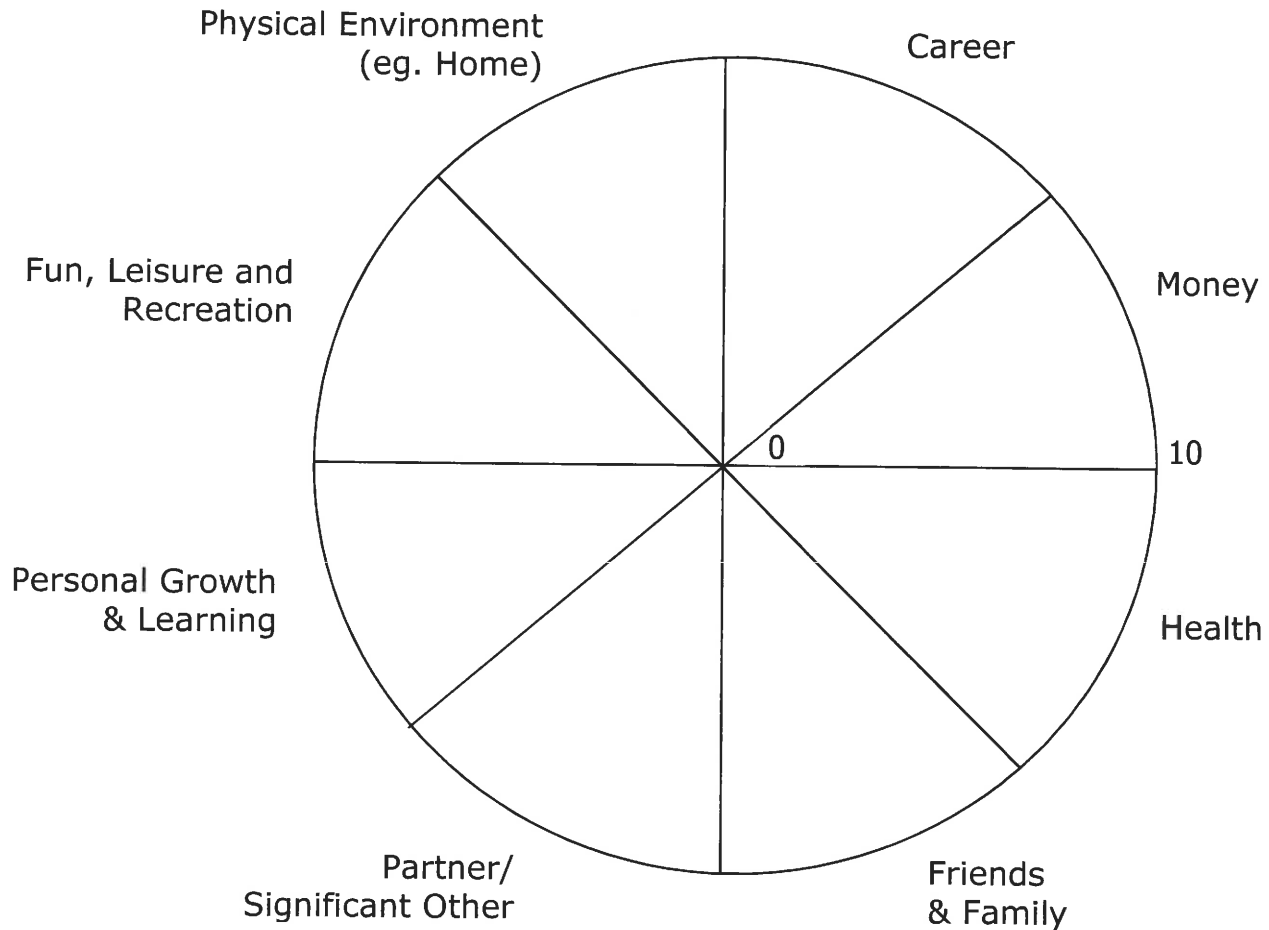




YOUR NAME: _____

DATE: _____

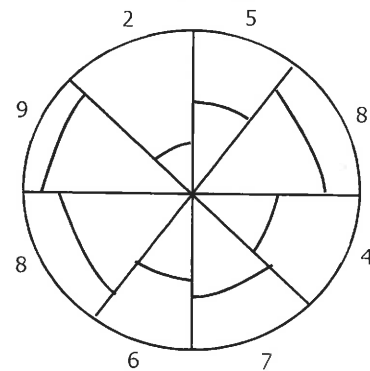


WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

EXAMPLE



Steps to improve low self-esteem

1. Positive self-talk

The way that you think about yourself has a huge influence on your self-esteem. If you keep telling yourself that you're no good, you might just start to believe it even though it's not true. If you notice that you practice negative self-talk often, check out some ways that you can challenge your negative thinking and build your confidence levels.

2. Don't compare yourself to others

It can be really tempting to measure our own worth against other people. You just need to figure out what your niche is. Everyone is great at something - what are your strengths?

3. Exercise

Exercise helps to improve your mood. End of story.

4. Don't strive for perfection

It's really great if you want to do things well, but keep in mind that perfection isn't possible. Check out one person's story of coming to terms with their sweet imperfection.

5. Don't beat yourself up when you make a mistake

Everyone on the planet makes mistakes – it's in our basic human nature. Why should you be any different? When you stuff up, don't stress, just learn from it and move on.

6. Focus on the things you can change

There's no point wasting all your energy thinking about things that you can't change. Why don't you have a think about some of the things that are in your power to control and see what you can do about those?

7. Do things that you enjoy

If you're doing things that you enjoy you're more likely to be thinking positively. Schedule time for fun and relaxation into every day.

8. Celebrate the small stuff

Start small and work your way up – you can't expect any huge progress to be made overnight.

9. Be helpful and considerate

Not only is helping people a great way to boost the moods of others, but you might find that you feel better about yourself after doing something particularly excellent.

10. Surround yourself with supportive people

Don't hang around people who bring you down. Find a group of people who make you feel good about yourself and avoid those who tend to trigger your negative thinking.

Forgiveness – The Greatest Healer of All

by Gerald G. Jampolsky, M.D.

To forgive is the prescription for happiness;

To not forgive is the prescription to suffer.

Is it possible all pain regardless of its cause has some component of unforgiveness in it?

To hold on to vengeful thoughts to withhold our love and compassion certainly must interfere with our health

and our immune system.

Holding on to what we call justified anger interferes with our experiencing the Peace of God.

To forgive does not mean agreeing with the act;

it does not mean condoning an outrageous behavior.

Forgiveness means no longer living in the fearful past.

Forgiveness means no longer scratching the wounds so they continue to bleed.

Forgiveness means living and loving completely in the present, without the shadows of the past.

Forgiveness means freedom from anger and attack thoughts.

Forgiveness means letting go of all hopes for a better past.

Forgiveness means not excluding your love from anyone.

Forgiveness means healing the hole in your heart caused by unforgiving thoughts.

Forgiveness means seeing the Light of God in everyone, regardless of their behavior.

Forgiveness is not just for the other person – but for ourselves and the mistakes we have made, and the guilt and shame we still hold on to.

Forgiveness in the deepest sense is forgiving ourselves

for separating ourselves from a loving God.

Forgiveness means forgiving God and our possible misperceptions of God that we have ever been abandoned or left alone.

To forgive this very instant means no longer being

King or Queen of the Procrastinator's Club.

Forgiveness opens the door for our feeling joined with Spirit at one with everyone and at one with everyone with God.

It is never too early to forgive.

It is never too late to forgive.

How long does it take to forgive?

It depends on your belief system.

If you believe it will never happen, It will never happen.

Exploring My Personal Power

I feel my power when _____

And I behave in the following:

I feel least powerful when _____

And I react in the following ways:

I give away my power when _____

And then I feel _____

I use my power appropriately when I _____

And the results are:

I abuse my power when I _____

And others reacted _____

Some sources of my power are:

Positive Traits

Kind	Insightful	Sensitive
Intelligent	Funny	Organized
Hardworking	Patient	Selfless
Loyal	Realistic	Practical
Attractive	Honest	Mature
Down-to-Earth	Generous	Focused
Goofy	Modest	Courteous
Creative	Serious	Grateful
Accepting	*Independent	Open-Minded
Strong	Trusting	Positive
Friendly	Resilient	Responsible
Flexible	Cheerful	Cooperative
Nurturing	Self-Directed	Frugal
Thoughtful	Reliable	Tolerant
Confident	Relaxed	Innovative
Optimistic	Listener	*Balanced
Respectful	Brave	
Determined	Decisive	
Skilled	Enthusiastic	
Helpful	Forgiving	
Motivated	Humble	